Salmon Patties20

Number of Servings: 20 (142.12 g per serving)

Amount	Measure	Ingredient
4.00	lb	Fish, salmon, sockeye, w/bone, cnd, drained, unsalted
1 1/3	cup	Milk, 1%, w/add vit A & D
8.00	oz	Bread, white, soft, enrich, cubes
7 3/4	ea	Eggs, whole, raw, lrg
1/2	tsp	Spice, paprika
3 1/4	Tbs	Onion, white, fresh, chpd
3 1/4	Tbs	Juice, lemon, cnd/btl
20.00	ea	Cooking Spray, butter flvr, 1/3 sec spray

Nutrients per serving

Nutrition Facts

Serving Size (142g)
Servings Per Container

Amount Per Serving

Calories 210 Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 125mg	**42%**
Sodium 180mg	**8%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 0g	**0%**
Sugars 2g	
Protein 22g	

Vitamin A 6% • Vitamin C 2%
Calcium 25% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes

* Any type canned salmon that is unsalted can be drained, weighed and used.
* Raw salmon needs to be cooked without salt before being weighed

Drain Salmon. WEIGH AFTER DRAINING. Each 2 cups liquid drained off = 1 pound and can be subtracted from can weight to estimate weight of drained salmon.

* Each 4 large eggs = ~1 cup.

Mix milk and bread cubes. Add eggs to milk-bread mixture and stir well
Add salmon and other ingredients. Mix lightly.

Portion in to patties with #8 scoop. Flatten to about 1/2 inch thick on sheet pans sprayed with cooking spray.
Bake at 325 degrees F for 30 or until internal temperature reaches 180 degrees F. Be careful not to dry out.
Transfer to foil-lined counter pans, add 1/2 cup water to each pan UNDER the foil. Cover tightly. Keep hot in 200 degree F oven or in steam table.

Serve 1 patty per portion = 3 oz meat subst EP